

Adaptive Recreation

Summer Newsletter

June-August 2014

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Adaptive Recreation Classes and Events

Adaptive Recreation Overview

The Town of Gilberts Adaptive Recreation Program strives to provide a comfortable, inviting, educational, and social environment where participants can learn and interact with others. The goal is to provide the best opportunities for participants to enrich their lives.

We are continually updating and revising classes/programs to best fit the needs of our participants now and in the future. It is our objective to aid in the building of lifelong friendships as well individual life skills. It is our hope that our programs will enrich the lives of our participants.

▶ ADAPTIVE RECREATION

BELLY DANCING

Enjoy a low-impact and low pressure workout that improves flexibility and coordination. Belly dancing is friendly to all body types and all ages. Please wear comfortable clothes.

16+YEARS

77042	TH	6/5-7/31	2-3pm	CC	FREE
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COOKING 101

In your cooking class, we will provide easy to follow recipes that are fun to make and fast to put together. We will also learn basic kitchen safety tips. How-to instructions will be provided each week to re-create at home. Bring home the skills to be a great chef! The possibilities are endless! **Participants should be able to follow simple directions. You must register for this class, drop-in is not allowed for this class.**

8+YEARS

76432	W	6/4-7/30	5-6pm	CC	\$63
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HANDMADE CRAFTS

Come have fun with your friends while making a new craft each week. Crafts will include crayon paintings, gumball machine candy jars, transferring photos on canvas and more! *This class is designed specifically for persons with special needs.* Can't come every week? Cost is \$5 per week. Participants should be able to follow simple directions.

12+ YEARS

76434	T	6/3-7/29	4:30-5:30pm	CC	\$45
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RECREATION BOWLING

Taking part in this sport provides individuals the chance to develop physical fitness, self-confidence and build strong relationships. Those needing extra supervision must provide his/her own aide. Register in advance to guarantee your bowling lane. Can't come every week? Cost is \$5 per week. You must RSVP to guarantee space. *Practices will be held at Brunswick Zone XL,(BZ) 1160 S. Gilbert Rd.*

8+ YEARS

76435	TH	5/22-6/26	4:30-5:30pm	BZ	\$30
77023	TH	7/3-8/14	4:30-5:30pm	BZ	\$35

SANCHIN-RYU KARATE

Have fun learning the fundamental movements of Sanchin-Ryu. Benefits of this program include: Enhanced balance and coordination, improved motor-skills and useful self-defense techniques. Students study in a fun, high-energy, non-competitive environment. Participants must be able to follow simple directions. *Please wear comfortable clothing that does not restrict movement.* You must register for this class, drop-in is not allowed for this class.

10+ YEARS

76984	M	6/2-7/28	4:30-5:30pm	CC	\$43
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Instructor: Sanchin-Ryu Staff

SPORTBALL ADAPTED PLAY CAMP

The Adapted Sportball program provides an array of skill-building opportunities for participants with additional needs such as Autism Spectrum Disorder, Asperger's Syndrome, Cerebral Palsy, Down Syndrome, and other developmental delays. Adapted Sportball improves physical and social skills, self-image and self-concept, while developing attention and listening skills.

3-6 YEARS

77024	M-F	7/14-7/18	9:15-10:15am	CC	\$58
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6-12 YEARS

77025	M-F	7/7-7/11	5-6pm	CC	\$58
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YOGA

Class will include breathing exercises for calming and learning yoga poses to improve coordination, balance, and focusing skills. Games, songs, and props will be used to make this yoga class motivating and fun! Participants should be able to follow simple directions. If necessary, parent or provider will be asked to assist participant in class. Please bring a yoga mat and water to class.

13+YEARS

76436	W	6/4-7/30	11-11:50am	CC	\$45
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ZUMBA

This is a slower paced cardio workout designed for beginners and those with physical limitations. Easy to follow dance steps are set to unique Latin dance music to help maximize caloric output with fun, fat burning movements. This class increases skills in coordination, balance, discipline, memory, and movement.

13+ YEARS

76437	M	6/2-7/28	5-6pm	CC	\$45
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Adaptive Recreation Classes and Events

EVENTS

Events are held at the **Gilbert Community Center**
130 N. Oak St. Gilbert, AZ 85233, unless otherwise noted.

MAY- PROM

Come bop till you drop at this years 50's themed prom! Dust off those poodle skirts and leather jackets and come have a swingin' good time with your friends as you dance the night away! We will of course have a photo booth with fun props and send you home with a keepsake photo from the evening.

8+YEARS

76035	F	5/16	6-9pm	CC	\$5
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JUNE- KARAOKE

It's here again! Warm up those vocal chords and get those dance moves ready because it's karaoke time! Enjoy a night of singing, dancing and socializing with your friends. Food and drinks will be served. Karaoke is held at the Gilbert Community Center, 130 N. Oak St.

8+YEARS

76438	F	6/20	6-9pm	CC	\$5
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JULY- DANCIN' & SPLASHIN' LUAU

It's BACK... Dancin' & Splashin'! This special dance is designed specifically for teens and adults with special needs. Join your friends in a fun evening of swimming and dancing. Light refreshments will be served. The pool will be closed to the public and life-guards will be on duty for this special event. *This event will be held at the Mesquite Aquatic Center, 100 W. Mesquite Street.* Please register or RSVP by 7/18.

8+YEARS

76439	F	7/25	6:30-8:30pm	CC	\$5
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AUGUST- MOVIE IN THE PARK

Sit back, relax, and enjoy a movie on the big screen! We will have pizza, popcorn, and drinks! Movie is TBA and will be shown on the big screen inside the Gilbert Community Center, 130 N Oak St.

8+YEARS

76440	F	8/15	6:30-8:30pm	CC	\$5
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If you would like to receive the Adaptive Recreation newsletter, flyers and emails about upcoming programs, classes and socials events please send an email to Krista.Neugebauer@gilbertaz.gov to join.

WEDNESDAY NIGHT SOCIAL NIGHTS

Join us every other Wednesday night as we get together for a social hour with friends! We will play bingo, sing karaoke, and boogie to the top hits as we spend some time getting to know each other. *The Town of Gilbert will no longer be providing snacks for social nights, please contact the Community Center at 480-503-6290 if you would like to donate a snack.* **Cost: FREE!! Registration is appreciated.**

10+ YEARS

76975	W	5/28	6-7pm	CC	SOCK HOP
76976	W	6/11	6-7pm	CC	KARAOKE
76977	W	6/25	6-7pm	CC	BINGO
76978	W	7/9	6-7pm	CC	SOCK HOP
76979	W	7/23	6-7pm	CC	KARAOKE

FIELD TRIPS

BUTTERFLY WONDERLAND

Have you ever wondered what the giant Atlas butterfly looks like in person? Or what it would be like to watch a butterfly emerge from its cocoon? Come see it all as we journey through the largest butterfly pavilion in America! Don't forget your camera!

8+ YEARS

76394	F	5/23	12-3pm	CC	\$20
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TOUR OF STUFFINGTON BEAR FACTORY AND LUNCH

Have you ever wondered what goes into creating those beloved stuffed toys of ours? Learn about the first teddy bear ever made and then make your own to take home as we tour the Stuffington Bear Factory. After the tour we will keep the theme of bears and go to lunch at Honey Bears BBQ. Please bring \$10-\$15 for lunch and extra money if you would like to purchase accessories for your bear.

8+YEARS

76441	F	6/27	10am-2pm	CC	\$12
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ARIZONA DIAMONDBACKS BASEBALL GAME

Join us for an afternoon at the ball field to watch the Arizona Diamondbacks take on the Miami Marlins! Fun is sure to be had as we enjoy America's favorite pass-time. We will be taking the light rail to the game. Please bring a light rail pass or an additional \$4 to ride the light rail. *Please bring extra money if you would like to purchase snacks or drinks.*

8+YEARS

76442	W	7/23	11am-5pm	CC	\$20
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DAY AT THE MOVIES

Join your friends for a day at the movies! We are headed to the theatres to catch a new release on the big screen! Movie and time are TBA, but it is sure to be a good time. *Bring extra money if you would like to buy snacks or a drink.* Transportation is provided and is limited to 10 passengers. Participants are welcome to meet us at the Harkins Theatre (HT) at San Tan Village once the van is full.

8+ YEARS

76443	F	8/8	TBA (After 3pm)	HT16	\$7
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Adaptive Recreation Classes and Events



Adaptive Recreation Classes and Events

Cranberry Pecan Quinoa



Clean Eating Cranberry Pecan Quinoa
(Makes 5 cups)

Ingredients:

- 4 cups cooked quinoa, cooked with unsweetened almond milk, cooled*
- 1 cup juice sweetened, dried cranberries
- 1 cup pecan pieces
- 1/2 tsp. cinnamon
- 2 tbsp. honey
- 4 tbsp. fresh lemon juice

Mix all ingredients together in a medium mixing bowl and serve.

Note: When cooking the quinoa, simply substitute the water for almond milk in equal amounts according to package directions. If you find that the quinoa is not completely cooked when the milk has cooked out, simply add in 1/2 cup at a time until the quinoa is fully cooked. Keep the heat on low to medium to avoid burning.

Adaptive Recreation Classes and Events

50's PROM

Come bop till you drop at this years 50's themed prom! Dust off those poodle skirts and leather jackets and come have a swingin' good time with your friends as you dance the night away! We will of course have a photo booth with fun props and send you home with a keepsake photo from the evening.

WHEN: FRIDAY, MAY 16TH

TIME: 6-9PM

WHERE: GILBERT COMMUNITY CENTER

COST: \$5

CODE: 76035



Please register on-line at www.gilbertrecreation.com or call 480-503-6270 to RSVP by 5/15.

Payment will be accepted at the door for all events.

This event is for those with special needs only.

Karaoke Night

Oh yes, its karaoke night and the feelings right; oh yes, its karaoke night, oh what a night!

That's right folks! Karaoke night is back by popular demand! Come sing your heart out or just dance while listening to the beautiful melodies of your friends! Sing the songs we have on file or bring your own music to sing along with! Food and drinks will be served... but remember don't sing with your mouth full!

Where: The Gilbert Community Center

When: Friday, June 20th

Time: 6-9PM

Cost: \$5

Course Code: 76438

Please register on-line at www.gilbertrecreation.com or call 480-503-6270 to RSVP by 6/19.

Payment will be accepted at the door for all events.

This event is for those with special needs only.




GILBERT
ARIZONA

Adaptive Recreation Classes and Events

Splashin' and Dancin'

Bring your family and join your friends for a fun night of swimming and dancing. Light refreshments will be served. The pool will be closed to the public and lifeguards will be on duty for this special event. Families are encouraged to come and enjoy this great event (for free!!)

Where: Mesquite Aquatic Center
100 West Mesquite Street
Gilbert, Arizona 85233
When: Friday, July 25th
Time: 6:30-8:30PM
Cost: \$5.00
Course Code: 76439



Please register on-line at www.gilbertrecreation.com or call 480-503-6270 to RSVP by 7/24.

Payment will be accepted at the door for all events.

This event is for those with special needs only. Not open to the public.

Adaptive Recreation Field Trips

Join us as we take a special adventure every month to a new, exciting place!

****All field trips are designed specifically for those with special needs. Transportation is provided from the Community Center, but is limited to 10 participants. After the van is full you are welcome to meet us at the location of the field trip but you must pay in advance for the special pricing.**

Butterfly Wonderland

May 23rd Butterfly Wonderland Time: 12-3pm Cost: \$20 Code: 76394

Tour of Stuffington Bear Factory and Lunch

June 27th Stuffington Bear Factory Time: 10-2pm Cost: \$12 Code: 76441

Arizona Diamondbacks Baseball Game

July 23rd Chase Field Time: 11-5pm Cost: \$20 Code: 76442

Day at the Movies

August 9th HT16 (San Tan) Time: TBA (after 3pm) Cost: \$7 Code: 76443

Please call the Gilbert Community Center with any questions 480-503-6290 or Register Online at www.gilbertrecreation.com

